



## TeleYoga 1

audio datei online / 32 Minuten

swastikasana  
parvatasana in swastikasana  
dandasana

..

supta tadasana  
urdhva hastasana in supta tadasana  
supta padangusthasana I  
supta baddha konasana  
urdhva hastasana in supta baddha konasana

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adho mukha svanasana  
uttanasana

..

tadasana  
urdhva hastasana  
utkatasana  
gomukhasana in tadasana

..

utthita hasta padasana  
prasarita padottanasana

..

bharadvajasana

..

chatus padasana  
savasana

..

### Hilfsmittel:

Klotz/ Decke  
Gurt  
Stuhl